

eCHECKUP TO GO Output Summary

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Episode: 1

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Drinking Profile

Standard drinks per month:	73.1
Standard drinks per week:	17
Percent of American women who drink less in a <i>typical week</i> :	95.3%

Your BAC Levels

Estimated <i>typical</i> BAC:	0.17
Estimated <i>highest</i> BAC:	0.26

Sobering Up

With your typical weekly BAC of **0.17**, it would take **11 hours and 20 minutes** for your BAC to return to zero (0).

With your highest weekly BAC of **0.26**, it would take **17 hours and 20 minutes** for your BAC to return to zero (0).

The Cost to You

	Dollars	Percent of spending money
Money spent on alcohol and/or cigarettes in a year:	\$5160	71.7%
Money spent on alcohol in a year:	\$5200	71.7%
Money spent on cigarettes in a year:	\$0	0%

Physical Costs

Estimated caloric intake from alcohol:	6140.4 calories
"Cheeseburger" equivalent:	18

Alcohol & Physical Performance

	Your Response	Correct Response
Alcohol takes effect more quickly when mixed with carbonated/cafeinated beverages or mixers.	TRUE	TRUE
The body uses the calories in alcohol as a source of energy in the same way it uses the calories in other kinds of food.	TRUE	FALSE
Drinking alcohol has little or no effect on the body's ability to build muscle strength.	FALSE	FALSE
Alcohol does not interfere with muscle recovery and healing.	FALSE	FALSE
Mixing alcohol and energy drinks (like Sparkx®, Red Bull®, Monster®, Rock Star®, etc.) does not increase the risk of alcohol related consequences.	FALSE	FALSE

Personal Risk Factors

Negative Consequences:	16	(High)
Estimated tolerance level:	260	(Very High)

Family Risk:

3

(Medium)

You said that you began drinking alcohol at age 15.

More than one-third (38%) of persons who began drinking at age 15 were **alcohol dependent** at some point in their lifetime.

You drove **0** time(s) in the past month after having three or more drinks.

You were a passenger in a vehicle with a driver who had three or more drinks **4** time(s).

How Does Your Drinking Compare?

What percent of female US College Students drink MORE than you in a typical week?

You said: **30%**

Survey results indicate: **4.0%**

What percent of Demonstration Version students have two drinks or less in a TYPICAL WEEK?

You said: **10%**

Survey results indicate: **55.3%**

What percent of Demonstration Version students do not drink at all in a TYPICAL WEEK?

You said: **10%**

Survey results indicate: **35.7%**

What percent of Demonstration Version students smoke marijuana AT LEAST ONCE A MONTH?

You said: **30%**

Survey results indicate: **16.8%**

Tobacco Use

In a typical MONTH, you smoke:

0 cigarettes

You have smoked for:

0 years

In your LIFETIME, you have smoked about:

0 cigarettes

Spending money spent on **cigarettes** per year:

\$0 (0%)

My Goals & Aspirations

HEALTH AND FITNESS

It is important to me to:

Spend more time at the gym, exercising or playing sports

Feel relaxed

Spend more time practicing meditation or yoga

To meet my health and fitness goals, I could decrease or do away with:

Feeling stressed

Being hung-over or feeling sick because I have been drinking

Feeling tired, groggy, or unmotivated because I have been drinking

Forgetting/blacking out as a result of my drinking

To discuss my health and fitness, I could contact:

Aztec Recreation Center & Aquaplex
1 (619) 594-7529
<http://arc.sdsu.edu/>

Student Health Services
1 (619) 594-5281
<http://shs.sdsu.edu/>

RELATIONSHIPS

It is important to me to:

Feel more comfortable talking to people
Feel like I belong and am a part of the group

Have fun with friends

Feel more spontaneous

Express my feelings more openly

To meet my relationships goals, I could decrease or do away with:

Others being concerned about my drinking, or suggesting I cut down	Having problems with my boyfriend/girlfriend/partner because I have been drinking
Having problems with my friends or family because I have been drinking	Disappointing or hurting others because I have been drinking

To discuss my personal relationships and communication skills, I could contact:

Counseling & Psychological Services
1 (619) 594-5220
<http://www.sdsu.edu/cps/>

CAREER & LIFE GOALS**It is important to me to:**

Spend more time studying	Become more productive and get things done
Spend more time talking with my professors	

To meet my career & life goals goals, I could decrease or do away with:

Failing to do what was normally expected from me because of drinking	Missing classes because I have been drinking
Doing poorly on a test or school project because I have been drinking	Getting into trouble with the police or authorities because I have been drinking
Going to class under the influence of alcohol	Spending more money than I have planned because I have been drinking

To discuss my career & life goals, I could contact:

Career Services 1 (619) 594-6851 http://career.sdsu.edu/	Student Life & Leadership 1 (619) 594-5221 http://www.sa.sdsu.edu/studentlife/
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SELF-ESTEEM**It is important to me to:**

Feel more confident

To meet my self-esteem goals, I could decrease or do away with:

Personal problems or conflicts that are bothering me	Feeling bad about myself because I have been drinking
Feeling nervous or afraid	Doing things I later regret because I have been drinking
Using alcohol to avoid problems	Feeling guilty or remorseful after drinking
Procrastinating or not getting things done because I have been drinking	Drinking more alcohol than I plan to when drinking

To discuss my self esteem and create a healthier lifestyle, I could contact:

Counseling & Psychological Services
1 (619) 594-5220
<http://www.sdsu.edu/cps/>

Making Changes

You rated the importance of making a change in your personal use of alcohol as a:	2
You rated your confidence in your ability to make any change in your personal use of alcohol as a:	3

Your First Steps:

~~How I will stop:~~

If you were to make a change in your alcohol use, you said you could:

- Avoid drinking games
- Space my drinks over time
- Set a limit on the number of alcoholic drinks before I start drinking
- Keep track of how many drinks I have had; pay attention to serving sizes.
- Decide which days I will not drink alcohol
- Avoid shots/hard liquor
- Drink slowly; sip my drinks
- Avoid mixing energy drinks/caffeinated drinks and alcohol